

## VALSALVA'S MANEUVER

### **INDICATIONS:**

Termination of supraventricular tachycardia.

### **PROCEDURE:**

- Document supraventricular tachycardia.
- Establish IV access.
- Monitor vital signs before and after procedure.
- Monitor cardiac rhythm continuously.
- Have the patient pinch his nostrils together, close mouth and blow against a closed glottis until arrhythmia is terminated or, for maximum of 5 seconds.
- Contraindications for this procedure:
  - Extreme hypertension.
  - Suspected increased intracranial pressure.
- Complications of Vagal Maneuvers:
  - Bradyarrhythmias (e.g., AV Block; asystole) or PVCs and ventricular tachycardia.
  - Syncope and/or seizures.
  - CVA (aphasia, monoplegia or hemiplegia).

### **NOTE: Vagal maneuvers may fail for the following reasons:**

- **Increased sympathetic tone of patient:**
  - **Nervousness.**
  - **Thyrotoxicosis.**
  - **Fever.**
- **Drug history of patient:**
  - **Sympathomimetic drugs.**
  - **Drugs that reduce vagal tone.**